



Dribbling Skills: Ball Pickup

OBJECTIVE: To pick the ball up off the floor, to account for functional ability and to protect the ball from a defender.

Instructions:

Guided Discovery:

GD1: Toss balls slowly away and find as many ways as possible to pick it up.

GD2: Narrow the parameters to picking up from the side.

GD3: Narrow the parameters to using only one hand.

GD4: Finally, narrow the task to 'must protect the ball' and use the wheel.

Technique Review:

1. One ball per player, players line up on endline.
2. Roll balls slowly ahead at about quarter court.
3. Push hard alongside of ball.
4. Press ball into bottom of wheel/spokes.
5. Hold the ball against the wheel until it is near the top.
6. Scoop hand under the ball to bring into possession.

Activity Rules / Games Approach:

- Try as many ways as you can think of.
- Come back as a group after GD1 and have players demonstrate what they have discovered. Continue steps GD2, GD3, GD4.
- Show demonstration and try it with feedback.

Coaches Key Points:

- Players should wheel beside ball with momentum.
- Players should reach over and press ball into bottom of spokes. Hold offside of chair optional.
- Players should press ball into wheel.
- Players should scoop hand under ball as it nears the top of the wheel.

Variations/Loading:

- Goal for consecutive ball pickups.
- Whistle ball pickup challenge.
- Change of direction ball pickup challenge (on whistle).
- Add defenders at bronze, silver, gold levels.

Mental:

- Use cue words such as press, hold and scoop.
- Players should take a deep breath between every repetition.
- Players should visualize self after watching a correct demonstration.